Chichester Herald

Friday 22th June 2012
YOUR FREE WEEKLY NEWSPAPER

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COMPETITION
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Win tickets to see Rock of Ages
COMPETITION
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Find your perfect
PROPERTY
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Drama at hospital

>> *Part of St Richard's Hospital evacuated due to fire*

Dean Adams
MANAGING EDITOR
NEWS@CHICHESTERHERALD.CO.UK

A CHICHESTER hospital has now returned to normal service after a fire broke out on Tuesday which left both staff and patients stranded in car parks

The drama caused busy scenes on local roads both with people trying to leave and visit the hospital after a fire broke out in a store room.

The fire was treated as a hazardous chemical incident by West Sussex Fire and Rescue Service.

Services at the hospital returned to normal on Wednesday after the fire in the pathology department.

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Local News

Volunteers prepare to help at Olympics

THERE'S just over five weeks to go until the Olympics start on Friday 27 July, and the Olympic Torch is already making its way around the country. But all of this could not happen without the help of around 70,000 volunteers from across the country and abroad.

Five members of staff and one councillor from Chichester District Council are six of the thousands of volunteers chosen to help get the Games started. Each one is preparing to give up two weeks of their holiday to help out at the London 2012 Olympics.

Ruth Wells, Project Officer at Chichester District Council, is assisting with Taekwondo. A match will take place every 15 minutes and she will be part of a team that is making sure that each of the 4 days of competition runs smoothly for athletes and officials.

"This is a fantastic opportunity to be part of history. The Games are unlikely to return to this country again in my lifetime and so this is a unique chance to support my chosen sport on the world stage."

Jason Davis, a senior instructor at Westgate Leisure, is helping with time trials and the triathlon.

"My interests are road cycling and triathlons. This is a chance to see super stars race in their particular sport. It's great helping with the Games, because if you can't compete, volunteering is definitely the next best option."

Mike Cooper, Fitness Manager at Westgate Leisure, is also helping with the triathlon and agrees with Jason.

"This is an opportunity to see elite guys at the top of their game. It is a great opportunity to help out at the Olympic Games, because it is unlikely to be held in this country again in my lifetime."

Cllr Clare Apel, will be a translator at Horse Guards Parade, where the beach volleyball will be taking place, and in Weymouth. Her husband encouraged her to volunteer, due to her skills as a leading language volunteer.

Paul Over, Executive Director of Support Services and the Economy at Chichester District Council is helping with Basketball. Paul, who used to play Basketball, sees this as a great opportunity to support a sport that he loves on the world stage.

Finally, Lauren Smith, an Environmental Health Officer, will be a Team Leader looking after food safety in the Olympic Park.

The Olympic Torch Relay will be visiting the Chichester District on Monday 16 July.

Continued from page 1

It started at 2pm (Tuesday 19 June) and was contained within one room near a laboratory which had chemicals in.

Ambulances were diverted to Worthing and Portsmouth as a precaution, and some outpatient appointments were cancelled.

Over 30 fire fighters were at the scene with six appliances, and crew members from a specialist vehicle spent most of the afternoon assessing if there are any hazardous materials in the area. Many police and stewarding kept the roads moving as staff and visitors tried to attend or leave the hospital.

One patient said: "Unbelievable! Thankfully I wasn't in the middle of any treatment. It looks to have been handled very well though by the staff and I think everybody is just a little shocked at what was happening."

The fire service declared the incident over just after 4.30pm on Tuesday. No-one was hurt, the hospital said.

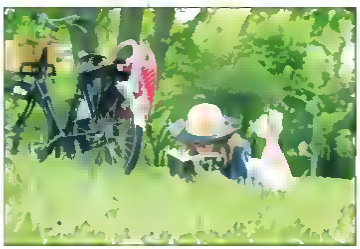
Cathy Stone, director of nursing and patient safety at Western Sussex Hospitals NHS Trust, said: "Services are back to normal, although regrettably some of our outpatients were affected today... we will contact everyone involved to rearrange those appointments at the earliest opportunity.

"Whilst the public would have seen a great deal of activity from the emergency services, the majority of our hospital services were unaffected."

Chichester named in the top 10 "Most Well-Read Towns and Cities in the UK" list

CHICHESTER has made the top ten of a national reading list being the only place in Sussex to make an entry into the top 20.

To celebrate the start of the summer holiday reading season, Amazon.co.uk has revealed its second annual list of the Top 20 Most Well-Read Towns and Cities in the UK.



Most Well-Read Towns and Cities in UK was determined by compiling sales of all books, magazines and newspapers in both print and Kindle format since June 1, 2011 on a per capita basis in UK towns and cities with more than 20,000 residents.

Top 20 Most Well-Read Cities
1 Huntingdon
2 Cambridge
3. Sevenoaks
4 Doncaster
5. Rochester
6 Salisbury
7 Truro
8 Chichester
9 Bury St Edmunds
10 Spalding
11. Canterbury
12 Newton Abbot
13 Winchester
14 Godalming
15 Witney
16 Warwick
17 Durham
18 Dunfermline
19. Newbury
20 Chorley

"As the summer reading season gets into full swing we're excited to announce that bookworms in Truro have featured in our 'Most Well-Read' list this year," said Gordon Willoughby, Director, EU Kindle. "Reading has never been more accessible with a wealth of fantastic books available in print and on Kindle, including bestsellers across a range of categories and some great new titles from independent authors who are using Kindle Direct Publishing and CreateSpace to share their books with readers across the country."

In addition to their annual Most Well-Read Towns and Cities list, Amazon.co.uk has released its official summer reading suggestions at www.amazon.co.uk/KindleSummerReading

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I was the only man not wearing a straw Panama

Tommy Boyd

DREECE
Greece gave us rational thought and democracy All Europe's power and prosperity e down to them They never billed the West e cent for this gift, unlike Microsoft which charges us for the internet Which some say is the enemy of civilisation

LAVANT FETE
We turned up and what e treat! Lavant is e Midsomer Murders type village I was the only man not wearing e straw Panama The boys were in Army Cadet fatigues. Smash The Crockery Dog Show Brass Band A Bric-a-Brac stall with freshly cracked ski goggles for 50p The parking was hilarious, total gridlock

JEHOVAH'S WITNESSES
Had them at the door Friday Two as usual A shabby man and e stooped old lady He announced we had to fear homosexuality Unbelievable Illegal too, probably, because although individuals and organisations are allowed to share homophobic views in private our doorsteps are in law public places

JIMMY CARR
If it's true that Jimmy Carr avoided tax on £3 million that's about £1 3 million the state has lost The equivalent to 65 nurses

GOAL LINE TECHNOLOGY
They d be better off cor ng up with e machine that tells if a player really is offside. And while I m on my hobbyhorse defenders who run forward specifically to get an opponent ruled offside should be booked I can't think of any other sport that tolerates abusing the rulebook to disrupt the game Except when cricketers pad away balls that have pitched outside leg, with impunity. That's all on sport for today, sports haters will be pleased to know.

THE FOOTBALL
Okay so I lied Football is our greatest gift to the world It s by far the most popular sport on the planet. The other thing we gave the world e the English language. If you see a Swedish ref telling off e German and an Italian he s doing it in English. And unlike Microsoft we didn't charge the world e penny for English. Or football

CHILDREN
People shouldn't have children until they are 30 We should introduce this gradually to avoid an age-generation vacuum. Some people should be dissuaded from ever having children The principle of intervention is universally accepted because no-one argues that children under 16 should be free to give birth. What we need is to get smart about pregnancy intervention. Maybe add oestrogen to the lager

PRINTABLE JIMMY CARR ONE-LINER
"I m not being condescending I m too busy thinking about things you wouldn't understand "

BETTER ONES FROM PEOPLE WHO PAY TAX
" The world is e dangerous place, only yesterday I went into Boots and punched someone in the face."– Jeremy Lamb
"I don t like all this fresh air I m from Los Angeles I don t trust any air I can't see. "– Bob Hope
"I m in therapy at the moment. I don't need it, obviously, but I got all these psychiatrist gift vouchers for Christmas which my family clubbed together for What I wanted was a crossbow " – Sean Lock

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Tweets of the Week!

All tweets are from Chichester people or about the area.
(Some tweets may contain errors)

@chidesign
"Some #Chichester taxi drivers were charging £60 to drive from Goodwood to Chichester on Friday night #ripoff"

@LeSalonDuChoc
"Making chocolates today for @ ChittlelondonLondon market on Saturday & #TartsForTroops Tea Party,Bosham village hall Fri 1.30-4 40 pm"

@ChambersBarry
"Waiting for an allotment? As an expert gardener I run a community project in Bognor nr Chichester We need more people Come, grow, eat enjoy"

@sososlowly
"Beautiful day to walk to work in Chichester #lucky"

@jmille91
"@ThatAdamGarcia Saw u in kiss me kate tonight what a great show! Anyone anywhere near Chichester should see it! Fab cast"

Follow us: @chiherald

Chichester Herald [illegible] available for self-selected pick-up every day across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **45,000.**

Distribution locations include Tesco Sainsbury's Waitrose Asdas Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Health & Wellbeing Chichester newsagents One Stop Chichester College plus nearly 200 newspaper stands in the area Chichester Herald is also in all coffee shops We also distribute at local race meetings to the majority of businesses in your area including industrial estates and the outskirts of the city

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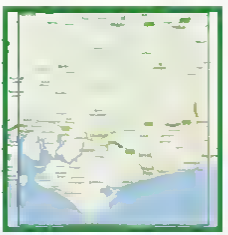

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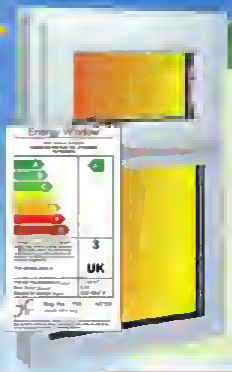

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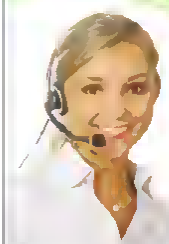

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Let's look at Urology

29th June James Hicks, Consultant Urological Surgeon, presents a FREE evening discussing Male Urology. From Prostate issues to overactive bladders.

6th July Suzie Venn, Consultant Urological Surgeon, presents a FREE evening discussing Female Urology. From continence problems to overactive bladders. Whatever your question come along and speak to a consultant.

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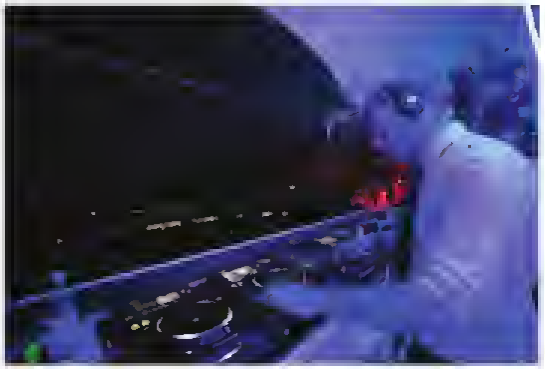

LAST Friday saw Dermot O Leary take to the stage at Goodwood Racecourse to perform his hotly anticipated DJ set as part of Three Friday Nights, a festival combining racing, music & dancing

Thousands of race-goers flocked to the parade ring after an evening of horse-racing to watch the TV & Radio 2 presenter deliver an electrifying mix of classic indie and pop tunes to a delighted crowd and he certainly didn't disappoint, with fans singing, dancing and cheering in to the night.

This Friday will see The Streets frontman Mike Skinner debut solo as the closing act to Three Friday Nights and after the success of Dermot O'Leary, tickets are selling fast

When asked what to expect from his DJ set, Skinner said, "It will have incorporated elements of my wedding set, classics that have inspired me rather than the relentless drum of futureness!"

One thing's for sure, Skinner is set to deliver an unforgettable finale to the electrifying Three Friday Nights extravaganza "

Closure of the Pagham Spit car park

A POPULAR car park in Pagham has been closed to the public causing anger amongst many locals

The car park can only be reached via a private road – a road that is now in need of major repair leaving an argument over who foots the bill

The liability for repair and maintenance of Harbour Road rests with 110 bungalow owners fronting the road (Frontagers) These Frontagers took to West Sussex County Council to make a reasonable contribution toward the maintenance and repair costs for the road which was, until the car park closure, taking an estimated 80,000 vehicle movements per annum

Following a failure to reach agreement with West Sussex County Council over the amount of contribution towards the upkeep of the road, Pagham Beach Holdings Ltd as the land owner closed the car park.

A statement on the Pagham Parish Council added that it should be noted therefore that contrary to the impression gained by some, the Parish Council is not responsible for the Pagham Spit Car Park and was not involved in its closure

Appeal for witnesses to Chichester burglary

POLICE are appealing for witnesses to a burglary at a property in Melbourne Road, Chichester, between midnight on Friday June 8 and 8am on Saturday, 9 June.

The intruder stole items from a handbag including cash, bank and travel cards

Detective Constable Della Squires said. "We would remind people about the importance of securing ground floor windows overnight and stowing any small portable items of value including handbags, wallets and car keys out of sight overnight."

Any witness or anyone with information is asked to call Sussex Police on 101 quoting serial 0290 of 09/6 Alternatively, call the independent charity Crimestoppers anonymously on 0800 555 111.

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WEST DEAN GARDENS

Illustration by Rachel Sim
Short Course Tutor at West Dean College

Young reporters are hitting the headlines

NEWSHOUNDS from a Chichester school are hitting the headlines, after they were challenged to write an article for Chichester District Council's magazine, 'initiatives'.

Year 11 media students at Chichester High School for Boys had to write and design an article which focused on helping to keep people fit and healthy – with the best one featuring in the magazine.

The project was part of their GCSE coursework, which included researching and presenting their ideas to a panel of three and then writing and designing their article.

Elliot Jackson's article was chosen due to its high standard and creativity.

"The pupils came up with some really creative ideas and articles, but Elliot's was the one that stood out," says Jo Losack, Youth Engagement Officer at Chichester District Council.

"We hope that our readers find his article as interesting as we did. Hopefully, we'll see Elliot's name in print again soon!"

Elliot Jackson (left) with fellow media students.

The pupils have also been given the chance to see how the magazine is pulled together – from start to finish.

Elliot Jackson, winner of the competition, is pleased to see his article in print. "I would like to work in the media or design industry and so this has been a brilliant opportunity to see how I can use my skills in the future."

Emma Nichols, the teacher who organised the project, says: "This has been a wonderful opportunity for the students. They have been able to see how their media skills can be used in the workplace and what they need to work towards if they wish to pursue a media-related career."

The article appears in the summer issue of initiatives, which will be distributed this week.

Chichester to be focal point for worldwide dance

THE UNIVERSITY of Chichester will be one of 70 locations around the world to host a unique dance event and two-day conference to coincide with the summer solstice this weekend.

The Global Underscore is an annual event during which dancers worldwide simultaneously practice the Underscore, a framework for practicing and researching dance improvisation that was developed by world-renowned dance improvisation pioneer Nancy Stark Smith who will be present to facilitate the event at Chichester.

Alongside other events at the Somatics and Technology Conference being held at the University on 22 and 23 June, the Global Underscore will be streamed worldwide live on the internet.

The conference itself will see scholars, researchers and practitioners from the UK and abroad gather to exchange ideas about somatics and the use of technology for dance. The University of Chichester is widely considered to be a leader in this field and a series of performance events, art exhibits, installation and a performance from its postgraduate group Mapdance will further enhance the institution's credentials.

Conference organiser Dr Andrea Davidson, Senior Lecturer in Dance at the University of Chichester, said: "This is the first conference of its kind in the UK, and as a result, we are attracting delegates from across the country and also from as far as Australia, New Zealand, Canada, Japan and Brazil.

"During the two days, some of the issues we will be examining include whether new technologies are compatible with the ethos of somatic practices, and what new dance techniques have in common with new media. We are hoping to establish dance's legitimate role in explaining and foregrounding links between the body, perception and technology."

CHICHESTER Rural Housing Partnership is hosting a consultation event for residents of East Wittering to view the plans for redeveloping Briar Estate Depot.

Local residents are invited to go along on Tuesday 26 June and find out more about the proposals for building 17 affordable homes for people with a local connection to East Wittering. Representatives from the Partnership (Chichester District Council and Hyde Martlet) as well as Austin Builders Ltd will be available to discuss the plans and answer questions.

The event is being held at a local venue East Wittering Village Hall, Church Road, St Anne's Way, East Wittering, Chichester, West Sussex.

Doors open at 6.00pm and the event is scheduled to end at 8.30pm. All are welcome.

For further information contact Ruth Appiah, The Hyde Group, on 020 3207 2701, email ruth.appiah@hyde-housing.co.uk or Sue Meaden, Chichester District Council, on 01243 534754, email smeaden@chichester.gov.uk.

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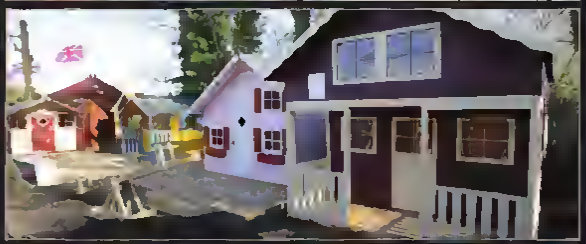

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HOMES AND GARDENS

Schoolchildren become councillors for a day

SCHOOLCHILDREN swapped the classroom for the council chamber when they took part in a Democracy Day on Friday (15 June).

Pupils from seven schools in the north of the Chichester District held a mock election in which they became candidates' and came up with their own political parties Among the tactics used by one of the parties to get votes was to give away free ice cream

The children also made their own rosettes and banners for their parties and came up with manifestos.

The mock election was won by pupils from Midhurst Primary School who had formed The D2BD Dare To Be Different Party Among their manifesto pledges was to encourage everyone to be who they want to be and be accepting of other people's differences

The schoolchildren also participated in a 'Big Debate on the topic of whether community resolution is the right way to deal with crime Community resolution is where offenders are offered the option to work in the community rather can get a fine or go to court This option is usually only for first offences of low level crimes and often involves litter picking and cleaning gardens Pupils had already researched and formulated their arguments in preparation for the mock debate in class .Before the debate pupils were given a briefing so they could find out more about the role of the council's Community Safety team

All the children taking part were aged 10 and 11. The participating schools were

- Stedham Primary School;
- Harting CE Primary School,
- Midhurst CE Primary School,
- Hollycombe Primary School
- Rogate Primary School
- Bury Primary School, and
- Fernhurst Primary School

Councillor Peter Clementson, Chairman of Chichester District Council, says: "This was a wonderful opportunity for the pupils to get more involved with the council As well as the children finding out about us and what we do, this event provided an opportunity for us to hear the views of young people on community safety We were also very impressed with some of the ideas they put forward for their political parties It would be lovely to think that out of this day some of the children may be inspired to go on to be future councillors themselves "

The council's Democracy Day events have been nationally recognised because of its innovative approach to youth participation Earlier this year the council was named as one of five organisations chosen by the British Youth Council to receive its prestigious 'innovation award'. The Youth On Board Awards celebrated organisations, projects and individuals that supported youth participation in innovative and exciting ways

[illegible] Police Cadets [illegible] Picture [illegible] all [illegible] and [illegible] Chair Tim Hawkes The pupils attend Fernhurst and Rogate Primary School. Below: Midhurst Primary School pupils Isobel Cook, Jess Hall and Ollie Georgiou of the winning The D2BD Dare To Be Different Party

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Richard's big challenge on a Brompton

A FORMER Chichester High School for Boys student is tackling a sponsored ride from Land's End to John O'Groats by a means more usually seen in the City of London – a folding Brompton bicycle

With friends, Richard Denny (20), whose parents still live at Bosham, has formed a group calling itself Small Wheels Big Difference and its members have given themselves the challenging target of raising a total of £50,000 for three charities, Help for Heroes, Great Ormond Street Hospital Children's Charity and the Hospice in the Weald.

The bold idea mainly came from Richard's friend Phil Deakin, who was discussing ways to raise money for the Tunbridge Wells-based hospice's work of which he had first-hand knowledge through the unfortunate circumstance of his girlfriend's mother and brother both receiving care there as a result of contracting cancer

Initially involving just Richard, Phil and Harry Bullivant, the three young men soon attracted more interest from their friends and now nine will set off from the tip of Cornwall on June 26 with the aim of reaching the top of Scotland on June 30.

Brompton Bicycle Ltd, the West London manufacturers of the iconic machine and which in May was awarded the accolade of category winner in the British Inspiration Awards, has supported the venture by providing three bikes for supporters to use on short sections of the ride These other cyclists range from a student to a FTSE 100 executive director, a professional triathlete to a cycling novice, and in age from a pensioner to a teenager

Two of the other riders who hope to complete the full distance also have Chichester-area connections.

Alan Pearson, a fellow student with Richard at the high school for boys, now works for the Ministry of Defence in Portsmouth, after gaining a degree in aeronautical engineering at Southampton University while Dave Short, of Southampton, gained his degree at Chichester University

Richard, who works as a commercial adviser for Shell in The Hague, said: "We decided on riding Bromptons, because they are fun and different – no other sponsored cycle ride from Land's End to John O'Groats of this size has been made on the machines

"I expect the ride to be tough, especially at the beginning, but it should be fun and what will make it worthwhile will be hitting our target for these three caring charities which do so much good work."

As the geographer of the group, Richard has been involved in planning the route to avoid busy roads wherever possible and minimise steep hills but there are still plenty of calls for muscle power between the overnight stops at hostels and homes of kind supporters.

Aside from the cyclists planning to cover the full 1,000-mile distance, many friends, relatives and work colleagues are planning to join the ride for one or more days at a time, all hoping to boost the total of cash raised.

Although none of the riders has much experience of long distance riding, all are fit and the lead trio already own Bromptons, the favoured means of travel for commuters usually seen around London because of the ease of taking them on public transport.

Other businesses backing the venture include Rathbone Greenbank Investments, food company MADD, Cyclefit and The Royal Hotel, Cromarty

Renowned baritone Richard Suart, who performs Gilbert and Sullivan nationally and internationally, has recorded a promotional song for Small Wheels Big Difference which can be heard on the website www smallwheelsbigdifference.org where pledges of sponsorship can also be made.

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All the fun of the Jubilee for residents of chichester care home

THE RESIDENTS at Barchester Healthcare's Marriott House & Lodge care home in Chichester have celebrated the Queens Jubilee in style despite the weather!

The failing weather did not deter the celebrations for the jubilee. Although the garden had been the focal point for the day with a special jubilee tree and every plant in the traditional colours of red white and blue, it became apparent on the morning that an in door location was needed. The staff worked tirelessly to decorate the dining room and set it up as a street party. A wonderful afternoon was had by all starting with a special jubilee lunch, followed by fifty's entertainment and a high tea that incorporated cucumber sandwiches, traditional cakes and jelly and ice cream.

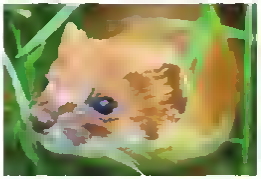
Marriott House and Lodge is one of 220 care homes owned by Barchester Healthcare that has built up an excellent reputation in its local communities. The home regularly holds events and activities for its residents and surrounding neighbours.

General Manager, Theresa Shell of Marriott House and Lodge, said: "We were determined that the weather would not dampen our spirits and every single person enjoyed our celebrations. It was so lovely to see our residents celebrate our monarchy, who they all hold dear to their hearts."

Going wild with Ed

Welcome to Chichester Harbour Area of Outstanding Natural Beauty. The harbour is a great place to get close to nature. Each month Ed Rowsell, Conservation Officer for Chichester Harbour Conservancy, gives a brief update on what you should be looking for as you explore the harbour by land or boat.

Ed Rowsell



Birds

Lots of species are now well into their breeding. There are good sized Mute swan cygnets, Mallard ducklings and Moorhen chicks on a number of sites. Also look out for fledged juvenile birds such as House Sparrow and Starling.

House Martins are again nesting at the Harbour Office. It seems that the harbour mud is not an ideal building material. After seeing nests collapse last year, the Workshop team installed some artificial nests, which are all in use.

Mammals

The young of many of our mammal species are starting to venture out. These include Fox and Badger cubs, Weasel and Stoat kits and Roe kids. Roe does will have recently given birth to two spotty kids, they leave them laying separately in grass and other vegetation, and return to suckle them.

Invertebrates

I haven't seen a great deal of dragon or damsel flies yet this year, just the odd Large Red and Emperor dragonflies. Moths have just got really active. On the wing are White Ermine, Oak Hook Tip and lots of species of Carpet (Green, Twin-spot Red etc). Also flying are the black and shocking pink Cinnabar Moths which will fly by day. Their yellow and black striped caterpillars feed on ragwort.

Plants

Southern Marsh Orchids are starting to flower, a couple of weeks later than last year, but are putting on quite a show at sites such as Fishbourne Meadows.

Sightings

Please report any interesting sightings to the Harbour Office, particularly of Brown Hares and Water Voles.

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Sharing ideas on coastal protection

COUNCILS and organisations from around the country have met in the Chichester District to share ideas on coastal protection.

Chichester District Council hosted the Local Government Association Coastal Special Interest Group's Annual Field Trip and conference last week (12-14 June), which included learning about:

- the work completed and in progress at Chichester Harbour and the surrounding area,
- the managed realignment at Medmerry Beach,
- the introduction of an Integrated Coastal Zone Management (ICZM) for the peninsula, and,
- new, privately funded coastal defences at West Beach Selsey.

This year's theme was 'progress through partnership', and members from councils, the Environment Agency, other Government agencies and organisations found out about the work being done to protect Chichester District's coastline.

"Our district is a wonderful and captivating place to live, work and play; I should know – I came here temporarily some 50 years ago," says Cllr John Connor, Cabinet Member for the Environment at Chichester District Council.

"The walled City of Chichester is a treasury of Roman, Norman, medieval and Georgian history and architecture. To the north lies the South Downs National Park and the Sussex Weald, to the south the Manhood Peninsula, Pagham Harbour Nature Reserve, and Chichester Harbour Area of Outstanding Natural Beauty.

"We have a dynamic, ever-changing coast and seabed, with the threat of erosion ever present. This challenges us to adapt, innovate and invent new ways of thinking and working. With double tides in the Solent, strong currents and rips, and a prevailing wind 'fetch' out to the Atlantic Ocean to add to the mix, life on our coast and harbours is never dull!

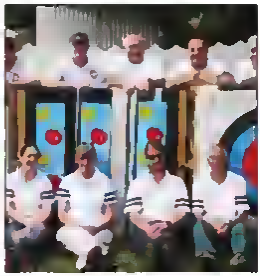
"We were delighted to be able to show our partners and colleagues what has been, is being, and hopefully will be done to protect, preserve and enhance the coast, hinterland, and environment of the peninsula and harbours.

"Opportunities to meet our coastal colleagues and partners are of immense value, giving not just an opportunity to talk about the issues, but to meet and thank representatives of other agencies and organisations. Without their advice, co-operation and friendship our work would be so much more difficult."

The event ended with the Annual General Meeting taking place in the council's Committee Rooms at East Pallant House in Chichester on Thursday (14 June).

The event was supported by a grant from the Local Government Association.

Winners hit gold with Chichester Bowmen



FORTY people are celebrating a win with Chichester Bowmen after joining the Jubilee Fun Day in Priory Park on 2 June 2012 and having a go at archery.

Over 300 people, from five years of age upwards, tried to shoot a balloon and gain entry to a prize draw for a free Beginners' Course.

Even those who didn't pop a balloon could celebrate the Jubilee by entering a prize draw for a free 2-hour "Have a Go" course.

The draws have been completed and the 10 lucky adults who won a Beginners' Course are:

Mr	Phillip	Ingram
Mr	Brendon	Cook
Miss	Ines	Gomes
Mr	Glen	Westmore
Mr	David	Wyatt
Mr	Richard	Land
Mr	Paul	Guarnaccio
Ms	Kirsty	Jackson
Mr	Laurance	Moore
Mrs	Karen	McGreal

Ten adults won places on the 2-hour Have a Go course:

Mrs	Jo	Barker
Ms	Donna	Edmonds
Mrs	Vicki	Barry
Ms	Lisa	Ware
Mr	David	Hives
Mr	Mark	Saxton
Mr	Wayne	Renney
Mr	David	Wilshaw
Mr	Richard	Land
Mr	Dan	Devane

Ten prizes of a Beginners' Course and ten Have a Go courses were also drawn for Under 18s.

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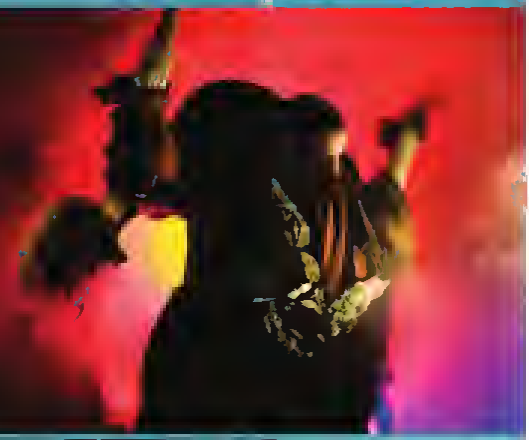

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A CHANCE to get a job and a degree at the same time is being offered by the University of Chichester through an innovative new scheme.

Leading businesses in the county such as Butlins and Nature's Way Foods are looking to recruit staff who will also study at university through a day release scheme for an honours degree in Business Studies, covering subjects including finance, management, marketing, HR and operations.

As well as offering a position within the company, the businesses will typically fund half of the course fees, and students will be eligible to apply for a student loan to cover the other half, which won't need to be repaid until they start earning over £21,000.

The scheme is believed to be the first in the country which gives people the opportunity to study for a full honours degree in this way.

Dr David Cooper, Business Development Director at the University of Chichester, said: "This is an exciting and flexible way for students to get a full honours degree while in work. The majority of the assessment is done through workplace projects, reinforcing the learning and bringing immediate benefit to the business."

For companies, the day release degree offers a chance to recruit and develop their own talent in a way that is focused on their organisation and their goals. They also gain loyalty from the student as supporting development is widely proven to have a positive effect on retention rates. Some businesses are registering existing employees on the programme too.

One of the businesses with vacancies is Classic Collection Holidays in Worthing, which currently employs around 40 people. Nick Munday, Managing Director, said: "With my son starting at University this year, I became aware of the challenges facing students from 2012 and the need for businesses to become involved in the development of our future workforce.

"The Day Release Degree gives students the chance to achieve a quality business degree without building up a debt mountain, whilst at the same time building up valuable work experience."

Applications for places on the course starting in September close on 2 July. For more information, contact Dr Steve Ellis, programme co-ordinator on s.ellis@chi.ac.uk or call the day release degree administrator on 01243 812187.

More information can be found at www.chi.ac.uk/business-employers/develop-your-people/day-release-degree

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Chichester Business

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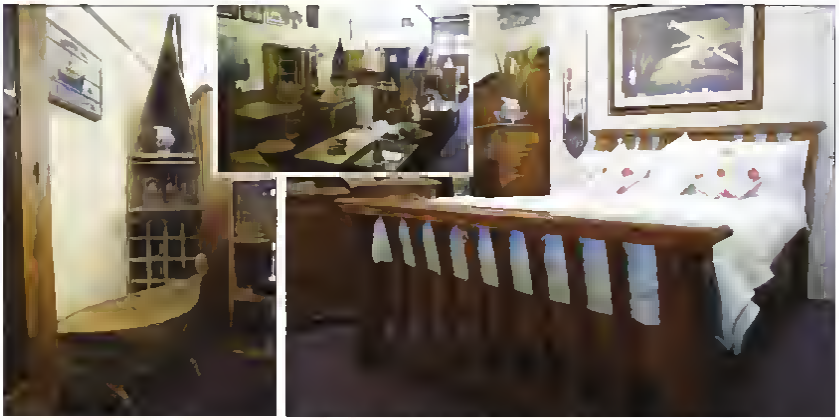

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Further information can be found at www theshiphotel net

The first week's entry will close on Wednesday 27 June 2012 at midday The competition will then run for another two weeks with two more closure dates

Please email your entry to helenegate@theshiphotel.net or send your entry to, The Ship Hotel 57 North Street Chichester West Sussex, PO19 1N Please state Chichester Herald competition and you must include your name contact number and email address.

The competition is for one winner per week over three weeks, with one prize for two people to share each week. There is no cash alternative and the meal to win is a Sharing Plank

A winner will be announced on Thursday 28 June 2012 by phone or/and email

Entry details may be kept on file for marketing purposes for special offers

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Rock of Ages (12A)

TWO out of Five stars

Running time: 123 mins
Director: Adam Shankman
Starring: Tom Cruise, Russell Brand, Alec Baldwin, Catherine Zeta Jones, Julianne Hough, Diego Boneta

Rock of Ages is mildly entertaining throughout, thanks to a colourful cast, a constant stream of decent-ish musical numbers and a scene-stealing baboon, but the plot is paper-thin, the characters are underwritten, there's a painful lack of laughs and the whole thing just isn't as much fun as it could have been.

What's it all about?

Directed by Adam Shankman (who made the far superior Hairspray remake), Rock of Ages is based on the popular eighties set Broadway/West End show (think Mamma Mia with bigger hair and power ballads). Julianne Hough (Footloose) stars as Sherrie, a small town girl who arrives in Hollywood seeking a career as a singer and immediately falls for city boy Drew (Diego Boneta), who bonds with her over sharing the same dream. He quickly secures her a job as a waitress in the legendary (fictional) Bourbon Room on the Sunset Strip, run by Dennis Dupree (Alec Baldwin) and his sidekick Lonny (Russell Brand).

As luck would have it, the Bourbon Room is about to play host to a gig by rock superstar Stacee Jaxx (Tom Cruise) and Drew and Sherrie both find their lives changed after getting caught in his wake. Meanwhile, Stacee, Dennis and Lonny have to deal with Stacee's greedy manager (Paul Giamatti), a Rolling Stone journalist (Malin Akerman) trying to get an interview and a right-wing campaigner (Catherine Zeta-Jones) trying to close down the venue.

The Good

Julianne Hough is a perky and likeable onscreen presence but given her smoking hot, show-stopping dance moves in Footloose, it's a shame that Rock of Ages doesn't see fit to give her a decent dance number. The rest of the cast are something of a mixed bag. Baldwin and Giamatti are both great; Cruise is fine, but stunt-casting can only take you so far and he doesn't put a lot of effort into it, Zeta-Jones is the only one really throwing herself into the whole thing, Brand is funny but his performance is hampered by a distracting (and terrible) Brummie accent and basically every single one of them are upstaged by Stacee's scene-stealing baboon "Hey Man".

The songs themselves are decent enough, but none of the numbers are staged with any wit or imagination and there's a curious lack of energy throughout.

The Bad

The main problem is a paper-thin plot that barely bothers to connect all the story strands, so it's impossible to get emotionally involved in any of the underwritten characters. Scene-stealing baboons aside, there's also a painful lack of laughs throughout, meaning that the whole thing isn't nearly as much fun as it should have been.

Worth seeing?

Basically, you know you're in trouble if the best thing about your rock musical is a scene-stealing baboon ("That's no way to talk about Tom Cruise", etc). Could have been much better considering the cast list.

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ROCK OF AGES COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question:

Q. RUSSELL BRAND WAS PREVIOUSLY MARRIED TO WHICH MUSIC STAR?

A) KATY PERRY

B) BEYONCE

C) LADY GAGA

Send your [illegible] and [illegible] a contact phone number to ***competition@chichesterherald.co.uk.*** One lucky winner will be selected [illegible] at midday. The winner will be notified later on that day.

• Last weeks winner is P Musgrave, from Bosham

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL. 0871 200 2000

Poetry & Jazz Café

AUDIENCES can enjoy a delightful mix of poetry and jazz with top performers on a summer's evening at historic Edes House. As part of the international Chichester Festivities, acclaimed performers of words and music are set to inspire and entertain.

David Harsent, Forward Poetry Prize winner, author of nine books of poetry and collaborator with Sir Harrison Birtwistle on modern classic operas such as Gawaine and The Minotaur for the Royal Opera House, will be reading from his acclaimed new collection, Night. One of our greatest living poets, David is described as "A poet of immense power" by Poetry Review.

Joining David is Charlotte Glasson, the virtuoso multi-instrumentalist, who has played with everyone from Julian Lloyd Webber to Oasis and performed everywhere from Ronnie Scott's famous London jazz club to the Sydney Opera House.

She will lead an all star jazz combo including legendary players Chris Spedding (guitar) and Herbie Flowers (bass). Herbie features on many iconic recordings, including Walk on the Wild Side with Lou Reed, Space Oddity with David Bowie and Jeff Wayne's War of the Worlds. He also composed the novelty hit Grandad for Clive Dunn. Chris's guitar features on the latest Bryan Ferry disc and classic Paul McCartney and Harry Nilsson recordings. He is fondly remembered as the coolest of the Wombles, wielding his trademark Gibson Flying V guitar on

television and videos. Charlotte, Herbie and Chris are three of our finest jazz musicians.

As the Telegraph says: you must hear "Charlotte's joyful band".

Also featured during the evening will be guest writers and musicians including local new generation artists, including vibrant band Sax and the City, getting the chance to perform alongside the established greats.

Spokesman Barry Smith said: "We have a fantastic line-up of performers for this year's Poetry & Jazz Café – and there's even free cake and refreshments to help the evening go with a swing!"

Poetry & Jazz Cafe, Tues 26th June, 7.30pm, Edes House, Chichester. Tickets: £13 (including complimentary home-made cake/refreshments) from 01243 780102 or www.chifest.org.uk

Castle prepares for medieval weekend

ANCIENT Arundel Castle will become a time machine this weekend (23 & 24 June) when visitors travel back several hundred years and experience the sights and sounds of the Middle Ages.

The 11th century castle, now the stately home of the Dukes of Norfolk, will be staging a Medieval Weekend during which the Sussex-based re-enactment and living history group Raven Tor will invite visitors to try out some "hands on history".

Raven Tor will set out to give an authentic taste of the way life was lived by inhabitants of the Castle in Medieval England. Knights, squires, archers and Men-at-Arms will assist at the sharp end of the event in fierce demonstrations of hand-to-hand combat and freestyle fighting. This will be the nearest reproduction of tournament combat seen outside the 15th century.

Displays will show the development of costume, armour and weapons over the period, while the legendary skills of medieval England's feared archers will also be celebrated. The Distant Trumpets Story Teller, a falconry display and a large tented encampment of crafts and displays will ensure visitors have plenty to see and experience over the weekend.

Bryan McDonald, Castle Manager said: "We're hoping to create an atmospheric occasion which will see Arundel Castle travel back in time to relive all its medieval glory."

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 22 June. 20.00 Company (12A) 140m + interval,
Sat 23 Jun. 13.15 Hell and Back Again (15) 88m; 15.15 Lifeboat (PG) 97m 17.15 A Night to Remember (PG) 118m, 18.30 The Well Digger's Daughter (PG) 105m
Sun 24 Jun. 13.15 Yehudi Menuhin (U) 105m, 15.15 A Night to Remember, 17.30 Lifeboat, 20.30 Pôtiche (15) 102m
Mon 25 Jun. 13.45 Pôtiche, 15.45 Into the Abyss (12A) 106m; 19.15 Booked Out (12A) 86m
Tue 26 Jun. 13.30 The Well Digger's Daughter, 15.30 ID-A (15) 102m; 17.30 Yehudi Menuhin, 19.45 Into the Abyss
Wed 27 Jun. 14.00 Booked Out, 16.00 Pôtiche, 19.45 Hell and Back Again
Thu 28 Jun. 13.30 North Sea Texas (15) 95m; 15.30 The Well Digger's Daughter, 17.45 ID-A

WEST DEAN COLLEGE

THE CHILINGIRIAN QUARTET CONCERTS

With Levon Chilingirian, Ronald Birks, Susie Meszaros and Philip De Groote

SATURDAY 14 JULY
The Chilingirian Quartet performing
– Haydn Op.77 No.1 Quartet
– Ravel Quartet
– Brahms Op.51 No.2 Quartet
St Andrew's Church
West Dean, 8pm £15

MONDAY 16 JULY
Public Masterclass with the Chilingirian Quartet
The Old Library,
West Dean College.
2pm £8 (inc interval tea)

TUESDAY 17 JULY
The Chilingirian Quartet performing
– [illegible] Quartet
– Enescu No.1 Quartet
– Beethoven Op.95 Quartet
The Old Library,
West Dean College.
8pm £15

WEDNESDAY 18 JULY
Students' 'Showcase' Concert
The Old Library,
West Dean College
8pm £6

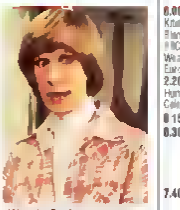
THURSDAY 19 JULY
Students' Informal Concert
The Old Library
West Dean College,
2pm £6 (inc tea)

West Dean College, West Dean, Chichester, West Sussex, PO18 0QZ
Book online at www.westdean.org.uk or phone 01243 818314

Book your place now!

SATURDAY'S TV 23 06 12

CHOICE



Wendy Craig

Sex and the Sitcom
BBC2, 9pm
Unless you had a crush on The Good Life s Felicity Kendal or Rising Damp s Richard Beckinsale 'sexy' probably isn t the first word that comes to mind when you think about classic British sitcoms However it doesn't mean the British sitcom hasn t reflected our changing attitudes towards sex and relationships over the decade Th s intriguing documentary looks at how the genre coped with the changing role of women Here the old nnuendos and jokes about frustration disappeared now that we can all supposedly speak frankly about our desires or have they evolved?

BBC1

6.00 Breakfast **10.00** Saturday Kitchen Live **11.30** Raymond Blanc s Kitchen Secrets (R) **12.00** BBC News: Regional News; Weather **12.10** Live Formula 1: European Grand Prix Qualifying **2.20** Royal Ascot **4.45** Bargain Hunt (R) **5.30** Pointless Celebrities (R)

6.15 BBC News: Weather

6.30 Tonight's the Night John Barrowman helps more ordinary folk and celebrity guests to realise their dreams in this all-singing, all-dancing series

8.30 Inspector George Gently A schoolgirl's killing brings Gently into the alien world of pop and media celebrity within it turns out the victim's best friend is a young TV presenter played by Macmillan quest stars (R)

10.00 BBC News: Weather

10.00 Mrs Brown s Boys. Agnes worries her family is too secretive (R)

10.50 Match of the Day: UEFA Euro 2012 Highlights. Highlight ht of the third quarter final Nefl end Lottery Update

11.30 Film: The Girl Next Door (2004) Romantic comedy starring Emile Hirsch

1 10 Weathernew **1 15** BBC News.

In the event of the football being shown on BBC1 the broadcast will resume below

12.10 Live Formula 1: European Grand Prix Qualifying **2.20** Royal Ascot **4.45** Bargain Hunt (R) **5.00** Pointless Celebrities (R) **6.15** BBC News: Regional News; Weather **6.30** My Family (R) **7.00** Match of the Day Live: Euro 2012.

BBC2

6.00 Cbeebies **7.00** CBBC **10.00** Animal Park (R) **11.00 Film:** Rampage (1963) **2.35 Film:** Waterloo (1970) **4.45** Live Athletics

6.30 Escape to the Country Alistair Appleton helps an active couple with a budget of up to £300,000 search for their dream home (Series 9)

7.30 Flog It! Charlie Ross and Elizabeth Tarbuck peruse collectibles at Ely Cathedral in Cambridgeshire, while Paul Martin explores the building's history (R)

8.30 The Good Life The Goods begin to regret their just rewards for the hard work they have put into the garden although Barbara fails to see the benefits (R)

9.30 Dad's Army: Captain Mainwaring organises a dance in a desperate attempt to boost platoon morale during bewildering times Cassie comedy starring Arthur Lowe, John Le Mesurier and Clive Dunn (R)

10.00 Sex and the Sitcom. Documentary exploring how sitcoms responded to the sexual revolution, beginning frustration as a recurring theme the changing role of women and the British love of innuendo Previously shown on BBC4

10.30 Men Behaving Badly Tony regrets joining Deborah's keep-fit class (R)

10.80 TBTP2 With Dexys Midnight Runners, the Shaman and Engelbert Humperdinck. (R)

11.30 Film: Good Night and Good Luck. (2005) Fact-based drama starring David Strathairn

1.00 Film: XXX (2007) **2.30** Close.

ITV1

6.00 CITV: Mini CITV **7.25** CITV **8.25 Saturday Cookbook 9.25** ITV News **9.30** The Jeremy Kyle Show **11.15** The Real Housewives of New York City **12.10** Murder She Wrote (R) **1.10** ITV News: Weather **1.30 Film:** Agatha Christie s A Caribbean Mystery (1983) **3.10 Film:** You Only Live Twice (1967) **5.20** Regional Programme: Weather **5.30** ITV News Weather **5.40** Pramrod

6.03 You Cannot Be Serious! Alistair McGowan presents a topical entertainment show mixing clips, sketches and impressions Based on the week's biggest and most talked-about sporting events

7.15 Euro 2012 Live. Coverage of the third quarter final Kick off 7.45 pmt between the winners of Group C and the runners-up in Group D hold at the Donbass Arena in Donetsk Ukraine

10.30 ITV News: Weather

10.15 The Big Quiz – how long a Break. Stars from The Only Way Is Essex and Benidorm go head to head. (R)

11.15 Take the Dog A lawyer, a teacher, a property developer and a rapper by all means 30 single women Paddy McGuinness presents (R)

12.25 I he Store. ITV News **2.00** In Plain Sight (R) **3.15** ITV Nightscreen **5.00** ITV News

In the event of the football being shown on ITV1 the schedule will run as follows

1 20 Film: Agatha Christie s A Caribbean Mystery (1983) **3.10 Film:** You Only Live Twice (1967) **5.20** Regional News: Weather **5.30** ITV News: Weather **5.40** Pramrod. **6.45** Yan Cannel Be Serious? **7.15** You've Been Framed! (R) **8.15** Agatha Christie's Poirot. (R)

CHANNEL 4

6.10 The Hooks. (R) **6.35** The Hooks. (R) **7.00** British GT **7.30** The Grid **8.00** The Morning Line **8.00** 14 Justin Bieber: London Live **9.00** 14 Love Shack **10.30** T4: Viewers' Takeover **10.30** T4 Revenge **11.30** 14 Viewer Takeover **11.35** 14 The Big Bang Theory (R) **12.05** 14 The Big Bang Theory (R) **12.35** 14 Viewer Takeover **12.45** 14 The Simpsons (R) **1.10** Road to London 2012 The Paralympic Show **1.00** Channel 4 Racing: Live coverage from Newmarket and Ayr **3.05** Come Dine with Me (R) **4.00** Come Dine with Me (R) **5.30** Come Dine with Me (R) **6.50** Come Dine with Me. (R)

8.00 Channel 4 News.

8.30 48hours in... Jon Kilduck of the Open Rights Group argues social networking sites are trying secretly for the better resulting in greater democracy and transparency

9.30 Film: Australia. (2008) An aristocratic English woman leads a cattle drive across Australia as the country is drawn into the Second World War Epic romantic drama starring Nicole Kidman and Hugh Jackman.

10.00 The Million Pound Drop Live Davina McCall presents the quiz show in which contestants can win £1million, or lose money for giving incorrect answers

12.00 Film: JFK (1991) Conspiracy theorie, starring Kevin Costner **3.15** Home Country (R) **3.00** Stand Up to the Week (R) **4.00** Eating for Two (R) **4.10** Fast Spin Ring (R) **4.15** Deal or No Deal. (R) **5.10** Countdown. (R) **5.50** The Texacle People (R)

CHANNEL 5

6.00 Milkshake! **10.00** Maisie Raisie **10.05** Rocky the Racing Car **10.15** Fifi and the Flowertots **10.25** Olly of Friends (R) **10.40** Harry and His Bucket Full of Dinosaurs (R) **10.50** Cosmic Farm (R) **10.55** Abby's Flying Fairy School **11.05** Rockabye and Custard Too (R) **11.10** Bananas in Pyjamas (R) **11.25** Family (R) **11.35** Mollie in Toyland (R) **11.50** Bert and Ernie's Great Adventures (R) **11.55** Funky Town (R) **12.00** Little Princess (R) **12.10** The Adventures of Bottle Top Bill and His Best Friend Corky (R) **12.25** Angelina Ballerina (R) **12.40** Rupert Bear (R) **12.50** Mio Mao (R) **1.05** Ben and Holly's Little Kingdom (R) **1.10** The Mr Men Show (R) **1.25** Rocky the Racing Car (R) **1.40** The Milkshake! Show (R) **1.50** Meerkat Manor (R) **10.30** Grey's Anatomy (R) **11.25** Big Brother (R) **12.25** Police Interceptors (R) **1.25 Film:** The Bachelor (1999) **3.15 Film:** Wimbledon (2004) **5.05 Film:** Sex Nd Evil Hear No Evil (R)

7.00 Cricket on 5 England v West Indies

7.35 5 News Weekend

8.00 Once Upon a Time David is forced to choose between his wife and Mary-Margaret while the Princess risks his life to help Princess Abigail rescue her true love who has been turned to gold

9.00 Big Brother Daily round-up of the nights

10.00 Film: The Long Kiss Goodnight (1996) Action thriller starring Geena Davis

12.15 Killers Behind Bars The United Story (R) **1.15** Bug in Casino **4.05** Sons of Anarchy **4.60** Country Secrets (R) **5.00** Hanas Helpline (R) **5.10** The Marshals Show (R) **5.35** Thomas & Friends. (R) **5.45** Rocky the Racing Car (R)

OIGITAL

BBC Three
7.00 Emeli Sande @ Ed Sheeran @ Hackney 2012 **8.00** Nicki Minaj & Kanaaan @ Hackney 2012 **9.00** Jay Z Live @ Hackney 2012 **11.00** Nile On @ Leona Lewis @ Hackney 2012

BBC Four
7.00 The Blue Planet **8.00** Elegance and Decadence: The Age of the Regency **9.00** Spiral 2: George of Paris **10.00** The Horizon Guide to Space Shuttles **11.00** Wonders of the Solar System

ITV2
4.45 Film: A Order of a Story (2004) **6.45 Film:** Chantin and the Chocolate Factory (2006) **8.00 Film:** Love Actually (2003) **11.50** Mark Wright's Hollywood Nights

ITV3
2.00 Film: Henry V (1944) **4.45** Rule Britannia! Elizabeth **5.00** Elizabeth Queen (2005) **10.00** Elizabeth II: The Diplomat Queen **11.00** Those Were the Days

ITV4
2.00 Film: Captain Newman MD (1964) **4.30 Film:** Escape to Victory (1981) **7.00** Minder **8.00** The Sweeney **9.00 Film:** Universal Soldier: Regeneration (2009) **11.00 Film:** Sill Sheerly (1995)

E4
3.00 Desperate Housewives **4.00** Revenge **5.00** How I Met Your Mother **8.00** The Big Bang Theory **7.00** Rules of Engagement **8.30** How I Met Your Mother **9.00** The Big Bang Theory **10.00 Film:** Die Hard (1988)

Film4
2.05 Pig (1998) **5.00** In Good Company (2004) **7.10** My Super Ex-Girlfriend (2006) **9.00** Boomerang (1992) Romantic comedy starring Eddie Murphy **11.15** Wolf Creek (2005)

SUNDAY'S TV 24 06.12

CHOICE

Chris Packham

Secrets of Our Living Planet
BBC2, 9pm
Last week Chris Packham started presenting this four part documentary series that aims to highlight some of the planet s most diverse ecosystems This time Packham s environment couldn t be more different, because he s swapping lush vegetation for the world s plains But there s plenty going on here as he reveals For a start, white rhinos create essential nitrogen hotspots in Kenya, ret kangaroos control the Australian outback s ecosystem and fruit-eating mined wolves are crucial to the survival of the Brazilian Cerrado

BBC1

6.00 Breakfast **8.00** The Andrew Marr Show **10.00** Sunday Morning Live **11.00** Sunday Politics, Weather for the Week Ahead **12.10** Live Formula 1: European Grand Prix **3.15** A Question of Sport (R) **4.45** Escape to the Country (R) **5.45** Points of View **5.00** Songs of Praise **5.35** BBC News: Weather

6.00 Countryfile Ellie Harrison presents a bird's-eye view of the Gloucestershire countryside

7.00 Match of the Day Live: Euro 2012. Gary Lineker presents the concluding quarter final (Kick-off 7.45pm) between the winners of Group D and the runners up in Group C held at the Olympic Stadium in Kiev Ukraine Subsequent programmes subject to change

10.00 BBC News: Weather

10.25 John Bishop's Britain. Entertainment show, featuring Lower Redknapp

11 10 Room 101 – Extra Storage Extended version of the comedy panel show

11 50 Film: The 13th Warrior. (1999) Action adventure.

1.25 Weatherview **1.30** Sign Zone. Two Greedy Italians: Still Hungry (R) **2.30** Horny City (R) **3.30** The Great British Countryside. (R) **4.30** BBC News

In the event of the football being shown on BBC1, the schedule will run as follows:

12.10 Live Formula 1: European Grand Prix **3 15 A** Question of Sport. (R) **3.45** Escape to the Country (R) **4.45** Points of View. **5.00** Songs of Praise **5.35** I he One Show Best of Britain (R) **6.20** BBC News: Regional News; Weather **6.30** Countryfile **7.35** Antiques Roadshow **8.30** Inspector Geo ge Gently (R)

BBC2

8.00 CBeebies **7.00** CBBC **10.30** Saturday Kitchen Best Bites **11.30** Wimbledon: Review of 2011 **12.25 Film:** Sword of Sherwood Forest (1960) **1.45 Film:** Tim (1979) **3.30** The Great North Swim **5.00** Live Athletics.

7.30 Dragons The experts head to the Southern Downs, where they are met by six-time Ironwoman and mountainous icebuger (R)

8.00 Secret of Our Living Planet Chris Packham reveals the intricate – and often unexpected – connections between various species living in some of the world's most diverse ecosystems

9.00 Film: Up in the Air (2009) Premiers its remote downsizing expert finds his lifestyle under threat from an executive with revolutionary business ideas Comedy drama starring George Clooney and Vera Farmiga

10.30 Mock the Week Dara O Briain is joined by guests Carl Donnelly, Jo Caulfield and Milton Jones for another round of the satirical news quiz (R)

11 15 Episodes The network is unhappy about Matt's recent weight gain and asks the writers to confront him about the problem Beverly goes on a date with Morning's lesbian Rob (R)

11 45 Formula 1 European Grand Prix Highlights. Lee McKenzie presents action from the eighth round of the season held at the Valencia Street Circuit where Sebastian Vettel won victorious last year

12.45 Film: The Front Line (2006) **2 15** BBC News. **4.35** Close

ITV1

6.00 CITV: Mini CITV **7.25** CITV **8.25** Dinner Dmn **9.25** ITV News **9.35** House Gift. (R) **11.25** May the Best House Win. (R) **11 25** The Hungry Sailors (R) **12.30** ITV News: Weather **12.30** Dickinson's Real Deal (R) **1.35** Murder She Wrote (R) **2.30 Film:** Columbo: Identity Crisis (1975 **4.30** Doc Martin (R) **5.35** The Dower (R)

6.30 Regional Programme

6.03 ITV News: Weather

7.30 Emmerdale Gemma gives Chas an ultimatum – either end her affair with Cameron or she will tell David the truth Eric is shocked with Alicia for lying to Jessie about the wedding.

7.30 You've Been Framed! Camcorder calamities rounded by Harry Hill including a bride-to-be losing mum coming across an amusing scary doll shelf and a hamster with a mindset he own (R)

9.00 A Touch of Frost Those raised and scarred placed in the shape of a triangle Last in the series

10.30 ITV News of Sec Weather

10 40 Euro 2012 Highlights. Action from the concluding quarter final

11 15 The Cube (R)

12 10 I he Store. ITV News: Headlines **2 15** Golden Balls. (R) **3.00** Weakest UK **3.50** ITV Nightscreen **5.00** ITV News

In the event of the football being shown on ITV1, the schedule will run as follows

1.35 Murder She Write (R) **2.35 Film:** Columbo: Identity Crisis (1975 **4.00** Doc Martin. (R) **5.00** All Star Family Fortunes. (R) **5.20** Regional News: Weather **5.00** ITV News: Weather **5.40** Emmerdale. **7 15** Euro 2012.

CHANNEL 4

6.00 Formula 1: Ultimate Motors. **6.35** Ironman Triathlon. **7.30** Channel 4 Presents... Lee Pomeroy 'Lone Rider' (R) **7.00** Blenheim Triathlon. **8.00** Everybody Loves Raymond (R) **8.30** Everybody Loves Raymond (R) **9.00** Fraser (R) **10 00** Sunday Brunch **12.30** The Big Bang Theory (R) **12.30** The Big Bang Theory (R) **1 20** The Simpsons (R) **1.50** The Simpsons (R) **2.30 Film:** The Three Musketeers (1993) **4.20** Deal or No Deal **6.00 Film:** 27 Dresses (2008)

7.30 Channel 4 News.

7.50 48hoq ht: Is Ashim discussion on whether the freedom of expression found on social networking sites has affected morality

7.35 The Political Slot.

8.00 One Born Every Minute. Mylene Klass opens a new birthing pool at the hospital, while a flight attendant is preparing to give up her lifestyle of travel and partying when her twin boys arrive (R)

9.00 Lifers Calling Edge goes under Gemma Prime Lenses tense when houses Europe's largest population of inmates who have been sentenced to life

10.00 Film: Attack the Block. (2011) Premiere Teens gets lured back to London to fight alien invaders terrorising a south London tower block. Sci-fi comedy thriller, starring Jodie Whittaker and John Boyega

11.45 Film: Mine 3 (1992) Sci-fi thriller sequel starring Sigourney Weaver

1.50 Carnelot. (R) **2.40** Hollyoaks (R) **4.40** Deal or No Deal. (R) **5.35** Countdown. (R)

CHANNEL 5

6.00 Milkshake! **10.00** Peppa Pig **6.05** Rocky the Racing Car **6.15** Fifi and the Flowertots **6.25** Olly of Friends (R) **6.40** Harry and His Bucket Full of Dinosaurs (R) **6.50** Cosmic Farm (R) **6.55** Abby's Flying Fairy School **7.05** Rockabye and Custard Too (R) **7.10** Bananas in Pyjamas (R) **7.25** Family (R) **7.35** Mollie in Toyland (R) **7.50** Bert and Ernie's Great Adventures (R) **7.55** Funky Town (R) **8.00** Little Princess (R) **8.10** The Adventures of Bottle Top Bill and His Best Friend Corky (R) **8.25** Angelina Ballerina (R) **8.40** Rupert Bear (R) **8.50** Mio Mao (R) **8.55** Ben and Holly's Little Kingdom (R) **9.10** The Mr Men Show (R) **9.25** Rocky the Racing Car (R) **9.40** The Milkshake! Show (R) **10.00** Meerkat Manor (R) **10.30** Grey's Anatomy (R) **11.25** Big Brother (R) **12.25** Police Interceptors (R) **1.25 Film:** The Bachelor (1999) **3.15 Film:** Wimbledon (2004) **5.05 Film:** Sex Nd Evil Hear No Evil (R)

7.00 Cricket on 5 England v West Indies

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OIGITAL

BBC Three
7.00 Jessie J @ Ore Howard @ Hackney 2012 **8.00** Florence and the Machine & I he Iemjah @ Hackney 2012 **9.00** A-ha me Live @ Hackney 2012 **11.00** Family Guy **11.45** American Dad!

BBC Four
7.00 Treasures of the Anglo-Saxons **8.00** Julius Caesar **10.30** Julia Bradbury's Wonderful Wild **11.30** Omnivius: Rip Swidbury – The Illustrated Man

ITV2
2.20 America's Got Talent **5 10** The Planet's Funniest Animals **5 40** Film: Carry On Henry (1971) **6 00** Watch and Edward **8 00** By Royal Appointment **9 00 Film:** Elizabeth The Golden Age (2007) **11 15** All the Queen's Men with Alan Titchmarsh

ITV4
11.30 British Touring Car Championship Live coverage from Croft **0 30** Police Camera Actual **7 00** I ht Sweeney **8 00** Minder **9 00** River Monsters **10 00 Film:** Soldier (1998)

E4
4.05 Glee **5 00** The Big Bang Theory **6 00** Revenge **7 00 Film:** Straight Up **9 00 Film:** Failure to Launch (2006) **11 00** 2 Broke Girls **11 30** Don't Trust the B****** in Apartment 23

Film4
3 25 Doctor In Distress (1963) **5 30** Chesser By the Dozen (2010) **7 10** The Wedding Date (2005) **9 00** Dream Gray (2009) **11 10** Sanshine (2007)

Monday

BBC1
6.00 Breakfast 9.15 Comeweish Roadshow 10.00 Homes Under the Hammer 10.50 Homes Under the Hammer (R) BBC News Weather 11.00 Real Rescues 11.45 Cash in the Attic (R) BBC News Weather 12.15 Bargain Hunt (R) 1.00 BBC News Weather 1.30 Regional News Weather 1.45 Wimbledon 2012 Live coverage from the show courts on day one at the All England Club 6.00 BBC News Weather 6.30 Regional News Programmes Weather 7.00 The One Show Best of Britain 7.30 Fat Fighting BBC News Regional News 8.00 EastEnders 8.30 Life & Death A Greek Tragedy Panorama 9.00 Traffic Cops 10.00 BBC News 10.25 Regional News Weather 10.30 A Question of Sport 11.05 The Graham Norton Show (R) 11.00 Film The Money Pit (1986) Comedy starring Tom Hanks and Shelley Long. 1.30 Weathervane 1.00 Sign Zone Antiques Uncovered (R) 2.30 The Little Paris Kitchen: Cooking with Rachel Khoo (R) 2.00 Hotel's Children (R) 3.00 Great British Railway Journeys (R) 4.00 BBC News

BBC2
6.00 CBeebies 7.00 CBBC 8.30 Bitesize 11.00 Daily Politics 11.30 Wimbledon 2012 Live third Central Start event of the year gets under way 3.20 CBBC 6.00 Wimbledon 2012 Further live coverage from the opening day at the All England Club 8.30 Today at Wimbledon 9.00 King George and Queen Mary: The Royals Who Rescued the Monarchy (R) 10.00 Sounds of the 70s 2 10.30 Newsnight Weather 11.20 Secrets of Our Living Planet (R) 12.00 BBC News 3.10 The Super League Show 5.00 BBC Learning Zone

ITV1
6.00 Daybreak 8.30 Lorraine 9.25 The Jeremy Kyle Show 10.30 This Morning 12.30 Loose Women 1.30 ITV News Weather 1.55 Regional News Weather 2.00 May the Best House Win 3.00 Deliverers Rest Deal 3.50 Regional Weather 5.00 A Touch of Frost (R) 6.00 The Chase (R) 8.00 Regional News Weather 8.30 ITV News Weather 7.00 Emmerdale 7.30 Coronation Street 8.00 Strictly Kosher 10.00 ITV News at Ten Weather 10.30 Regional News Weather 10.35 Coronation Street 11.00 Countryfile 0.30 Coronation Street 0

Food & Drink

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Sainsbury's launches UK blueberries earlier in the season

SAINSBURY'S will kick start the British blueberries season three months earlier than last year by offering Hampshire grown blueberries to select stores. Since growing trials in Scotland started 10 years ago to produce juicy, flavourful fruit, this is set to be the largest crop yet running from this week until october.

Working with more British growers and offering a selection of varieties when in season means British fruit is available earlier than normal while still offering a fresh, juicy flavour expected of fresh blueberries.

Further British fruit and vegetables available in Sainsbury's stores this summer include British Gem new potatoes, Strawberries, Sweetcorn, Apricots and Chillies.

Working around the British weather when the crop tastes its best, blueberries grown on the South coast will be available this week while Scottish fruit will launch in August.

Silenced 9 year olf food blogger wins the right to continue posting, and change school dinners!

A 9-YEAR-OLD BLOGGER won a food fight with authorities in her Scottish town last week., after an online outcry prompted officials to lift a ban on posting photos of her school lunches.

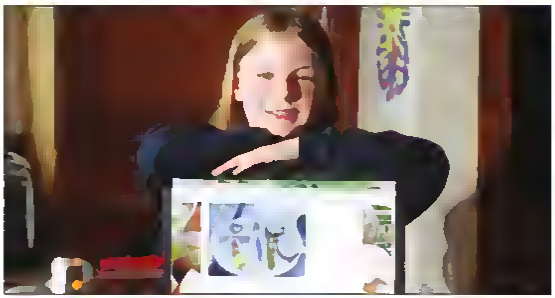
Martha Payne's images of unappetising school meals (one consisted of two croquettes, a plain cheeseburger, three slices of cucumber and a lollipop) drew international attention. The blog, set up about six weeks ago as a writing project and to help raise money for a school-meals charity, has drawn more than 2 million hits.

Martha, who lives in the coastal town of Lochgilphead, about 130 miles west of Edinburgh, gave each meal a "food-o-meter" rating, and offered an assessment of its contents.

"I'd really like to know where the chicken comes from," she wrote in an entry about chicken fajitas, "so I am going to write to the lady in charge to ask. I know it comes from a hen but I'd like to know where the hen lived."

Local officials weren't amused, and ordered the schoolgirl to stop taking pictures.

In a statement, Argyll and Bute Council said Payne's photos were misleading and had caused distress to cafeteria staff. The council



was particularly irked by a report about the blog in Scotland's Daily Record newspaper headlined "Fire the Dinner Ladies."

The council complained of "unwarranted attacks on its schools catering service" and said the blog "misrepresented the options and choices available to pupils."

As a result, it said, "a decision has been made by the council to stop photos being taken in the school canteen."

Martha's father, David Payne, said the blog was never intended to make the food look unappetizing. It includes such positive assessments as "lunch was really nice today and it helped cheer me up."

"The last photograph of a meal at school that she blogged, she gave it 10 out of 10," Payne told the BBC.

Amid the blaze of publicity, donations to Mary's Meals, the charity the blog had been promoting, climbed from £4,700 to more than £102,000 on Friday.

She is teaming up with celebrity chef Nick Nairn to help the council provide more nutritious meals at her school, Lochgilphead Primary in Argyll.

Squids in

NOT a typical favourite, squid has wrapped its tentacles around Brits' hearts this year as Waitrose has seen sales of whole squid rise an astounding 226% and squid tubes rise 75%.

A great seafood for BBQs, salads and paellas, squid is finding its way onto more dinner plates this year, as we make a move to a more Mediterranean inspired diet.

Diets such as the TOWIE 'No Carbs before Marbs' and The Dukan diet, have also helped the rise of that more unusual seafood, as dieters opt for high protein, tasty seafood.

Jeremy Ryland Langley, Specialist Buyer Fish and Shellfish at Waitrose says, 'Brits are going mad for squid this year. It's one of our fastest growing seafood lines at Waitrose and we expect to see it continue to rise. Traditionally very conservative when eating fish, we are becoming much more adventurous than we used to be and feel more confident in cooking with squid.'

Tesco wins Green Retailer of the Year at the Grocer Gold Awards

TESCO has scooped the 'Green Retailer of the Year' Award at the retail industry's annual Grocer Gold Awards.

The judges praised Tesco for its continued commitment to carbon reduction across all its markets, highlighting the launch of Asia's first zero carbon store and the rail hub at Daventry, UK, which has helped to take 72,000 lorry journeys off the road every year.

Tesco aims to become a zero-carbon business by 2050 and is making good progress towards its long term targets.

Lucy Neville-Rolfe, Executive Director (Corporate & Legal Affairs) at Tesco comments, "We're very proud to have been recognised for the hard work we do to reduce our impact on the environment and the work we are doing to move towards becoming a zero-carbon business. This award is the result of a real team effort and I'd like to thank everyone for their hard work and dedication."

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The power of self-belief

Denise Kelly

ONE of the most fundamental things we can have to give us a great life, is self-belief. We all have insecurities of some description, but how much do they affect our lives? Confidence is good when it is imbedded deep in the heart, arrogance and over powering/persuasive behavior is totally different and can be destructive to others. I have been working with the "Save the Children" Charity recently and I think observing children can be one of our biggest lessons in life, not only for health but for the freedom of the mind too. I am certainly taught lessons by my own children without them even knowing.

When we are born, our beliefs, about the world, and how we are seen are not formed. Children have a pure, unpolluted view of themselves, they have no ego, and they do not fear what others think of them. They have not formed a self image that relies on having to live up to the expectations of others, and they are not self conscious or worried about the way they look, but as children get feedback from the people closest to them they slowly form belief systems about the world they live in. Many of these beliefs will be about themselves and generally fall into two simple categories "I am OK" or "I am not OK". The negative category such as "I am not smart enough, pretty enough or good enough', all create a negative and damaging self-image.

According to a recent survey of dying patients in hospital, the number one regret that people have in life is "I wish I'd had the courage to live a life true to myself, not the life others expect of me"

So, why do us grown ups lose many of the incredible qualities that we had as children? Do you remember a time when you believed in yourself 100% and anything was possible? What about living more in the moment? Appreciating every day, every hour, every minute. At what point do some people learn that it's not ok to smile so much, or laugh uncontrollably and have so much fun? At what point was it acceptable and normal to make such judgments of others? Introducing that thought pattern to children is damaging for everyone around.

Have you ever noticed how honest children are? Rather than filtering their words and thinking carefully they just answer straight away. No lies, no pretense and straight from the heart. Children also show their emotions openly and without inhibition. In many ways this authenticity and honesty is refreshing. One of the biggest stumbling blocks with human nature and the reason for inward stress manifestation is because people are simply not honest about how they really feel. Of course respect is necessary, but the expression of true emotion is liberating and healthy. Emotions are all energetic and the energy created by an emotion does not disappear if we hold it inside. It simply finds others ways to manifest, leading to negative behaviors, illness and decreased effectiveness in every aspect of your life.

The first thing we can do to recognize and celebrate our uniqueness is by taking some time out to reflect and write down the good qualities that you think you have, both psychological and physical. What do you believe are your strengths? Is it your deep blue eyes, your sense of humor, your natural listening skills, your focus or your determination to make a difference? What ever it is celebrate and appreciate!

Children let us know what they like, and what they dislike. As adults why waste time with people you don't really connect with? Why do we spend years doing a job we dislike or bores us? Or why do we watch mindless TV because there is nothing else to do? Productivity, sense of purpose, positivity, fun, laughter, living in the moment and just living the life you want is vital to our happiness, strength of character and overall health. We all have choices, it's just up to us to make the right ones for ourselves.

Denise Kelly is a BANT (British association of Nutritional therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040. www.denisekelly.co.uk

Debenhams launches duty free beauty in stores and online

FORGET AIRPORT QUEUES and sky-high holiday prices, Debenhams is bringing holiday glamour to the UK by offering duty free prices on hundreds of top name cosmetics, skincare and fragrances.

Bringing well-deserved promotional sunshine to beauty lovers all over the country, customers can snap up these sizzling deals in store, online and via phone apps.

The move means Debenhams will be cheaper than its rivals and will force others on the high street to follow*.

Sara Stern, Director of Beauty at Debenhams said: "With these great deals you no longer need to leave Europe to cash in on duty free cosmetics and fragrance. You can nip down to your local Debenhams or order from the comfort of your own home. We're giving people the best of both worlds – top beauty brands at airport prices.

"From fragrance to foundation and self tan to skin care, we've reduced a huge range of beauty products meaning people can save money on must-have essentials and treat themselves to something special at the same time."

Top cosmetic houses such as Benefit, Estee Lauder, Lancôme, YSL, Clinique, Clarins, Elemis, Guerlain, Elizabeth Arden and Marc Jacobs are all included. The move follows the start of the Debenhams Half Price sale which started on Thursday 14 June 2012.

NHS 'supertanker heads for iceberg'

THE HEALTH SERVICE "looks like a supertanker heading for an iceberg", the head of the NHS Confederation has warned, after a survey revealed that almost half of its leaders think cost cutting will reduce quality of care for patients over the next year.

Research carried out before the confederation's annual conference in Manchester shows that NHS leaders fear growing financial pressures will damage patients' quality of care.

Of the 252 chief executives and chairs of NHS organisations questioned, almost half believe the financial burden on the health service is "very serious" and 47% say this means quality of care will reduce over the next 12 months.

Mike Farrar, chief executive of the confederation which represents organisations providing NHS services, said: "Despite huge efforts to maintain standards of patient care in the current financial year, healthcare leaders are deeply concerned about the storm clouds that are gathering around the NHS.

"Our survey shows that many NHS leaders see finances getting worse and that this is already having a growing impact on their patients. In response, they are cutting costs in the short-term but they know that much more radical solutions are the only answer in the long run.

"Frankly, without action on the way we provide health and social care, the NHS looks like a supertanker heading for an iceberg. The danger is clearly in view and looming ever larger. We know what needs to happen. But are we going to be able to take the assertive action needed in time?"

"NHS leaders surveyed are clearly worried about standards of care. They associate this with the tight financial position, the even tighter financial position faced by local authorities, the distracting effect of the reforms, the time that it will take the reforms to bed in, and the chronic failure of political leadership to secure the public support for the changes they know are needed.

"It is clear that what the NHS desperately needs is public support for planned change to services."

Mr Farrar added: "But politicians have consistently failed over many years at national and local level to put the long-term interests of their population's health above their short-term electoral interests.

"The NHS will get on and do its absolute utmost to make things work for patients. But we do not have the luxury of time if we are going to make the right changes to services. Health and social care leaders must come together now and speak about these issues with one loud, strong voice."

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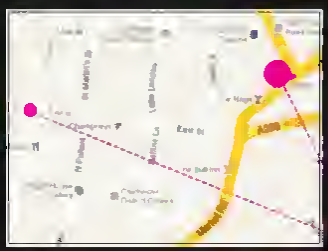

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Fashion

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'Joanna Lumley effect' sees half a million items of clothing Shwopped

FOLLOWING the launch six weeks ago in a clothes street in East London, Marks & Spencer (M&S) has announced the first results of its revolutionary clothes recycling initiative, Shwopping. Half a million used and unwanted items have been shwopped – the equivalent of eight items a minute. Every single one has been donated to Oxfam for re-sale, re-use or recycling.

This coming weekend, the retailer is calling on customers to help it reach a million before the campaign hits its two-month mark. A special 'money off' Shwopping event on 21st – 24th June will see customers who shwop receive a £5 money-off voucher when they spend £35 or more on fashion in-store.

On hearing the results, Joanna Lumley said: "I'm thrilled that UK shoppers have become UK shwoppers. We set out to change the way people shop and put an end to clothes going into landfill – half a million items is a great start. We're determined to give every item of clothing a future and help some of the world's poorest people in the process. So, this weekend dig out that old t-shirt you haven't worn for years and give it a new lease of life. Get Shwopping!"

The offer comes as new research commissioned by M&S reveals that fast-fashion has fuelled a nation of 'one-wear wonders'. Despite the likes of the Duchess of Cambridge and Livia Firth championing repeat wearing, a shocking one in five Britons have admitted to having binned an item after just one wear. At an average cost of £22.73 per discarded item, this equates to over £91 million of perfectly wearable items ending up in landfill every year after only being worn once.

The M&S survey of 2,200 UK consumers conducted by YouGov also revealed that:

74 per cent of people have thrown unwanted clothes into the bin over the past twelve months;

One in five women have in excess of 100 items in their wardrobe;

Cheaper items are more readily disposed of with 44 per cent of one wear wonders costing less than £20;

One in three Britons has admitted to having binning six or more items over the past year.

Launched in April by Plan A ambassador Joanna Lumley, M&S believes Shwopping can revolutionise clothes shopping by asking consumers to adopt a 'buy one, give one' mentality and encourage greater sustainability on the high street.

Early results reveal that Cheshunt and Burton stores are 'Top of the Shwops', with these stores recording the most shwops in the UK. Other top performing stores are London Colney (St Albans), Bluewater (Kent), Brooklands (Weybridge) and Meadowhall (Sheffield). The top Scottish store is Aberdeen with Wales lead by Talbot Green (near Cardiff) and Northern Ireland, the Abbey Centre store in Belfast.

The campaign aims to put an end to the

one billion items currently ending up in landfill every year. All M&S clothing stores now accept used and unwanted items of clothing from any brand, all year round. The ultimate aim for M&S is to collect 350 million items a year – recycling as many clothes as it sells.

For further information on Shwopping from Marks & Spencer and the special offer weekend, visit marksandspencer.com/shwopping

Adidas sparks outrage with 'shackle' trainers

A NEW SHOE unveiled by Adidas last week has kicked off a chain reaction, as sneaker fans around the world slammed the company for creating a racist design.

The shoes, dubbed the JS Roundhouse Mids, were featured in a June 14 post on the Adidas Originals Facebook page.

The purple and orange sneakers come with a set of plastic "shackles" that strap around the ankles.

"Got a sneaker game so hot you lock your kicks to your ankles?" the company asked in the Facebook post.

The post was "liked" by more than 36,000 people by Monday morning and had received more than 2,000 comments — but the reaction was mainly negative.

"These shoes are the WORST idea EVER! Really, we're supposed to voluntarily buy shackles now?!" wrote one commenter.

"Who ever wears this is openly saying they are a slave," said another.

A writer for InsideNote wondered if the shoes were "inspired by 'slave-movie-fever'" and asked if the brand could really be "ignorant of what the design of these new kicks might suggest."

In a statement to the Daily News on Monday, Adidas dismissed the criticism.

"The design of the JS Roundhouse Mid is nothing more than the designer Jeremy Scott's outrageous and unique take on

fashion and has nothing to do with slavery," the company said.

"Jeremy Scott is renowned as a designer whose style is quirky and lighthearted and has previous shoe designs for adidas Originals have, for example, included panda heads and Mickey Mouse. Any suggestion that this is linked to slavery is untruthful."

Adidas confirmed the shoes will hit stores in August.

A handful of Adidas fans also defended the design and brushed off the criticism.

"These are just bloody shoes!" one wrote. "You're making too much of a hassle about this, bringing in racism when it's not even intended."

The shoes were previewed in February by the blog Kicks on Fire, which called them "handcuff" shoes, but controversy didn't bubble up until the image was posted on the Adidas page.

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Home & Garden

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Resurrecting weather damaged plants

Floods and gales. Not the expected weather for June. Jo Golesworthy shows you how to save & spruce your weather beaten plants back to life

THE LEVEL of damage across the county has been immense. I doubt there are many people have not been affected in some way. Looking at the garden I can see my own level of damage to some of my most treasured plants.

The combination of wind and heavy rain

> "Get to know your garden as well as possible. Know the problem areas and choose plants accordingly"

has broken lots of new growth preventing some flowers from blooming, creating wounds in the branches creating a heightened risk of disease. Unfortunately there's little that can be done to repair fallen buds but a great way of helping broken branches on trees and shrubs is to take a sharp pair of secateurs and take off the broken branch at the nearest node, the area on the branch at the point of new growth.

Unless the plant is uprooted from the wind and heavy rainfall none of your plants should come to a fatal end.

Flooding can cause all sorts of issues with plants. Fruit and veg can become very watery in flavour and texture, roots can rot in the ground, and valuable nutrients can be washed away. In the winter this doesn't cause as much damage as the summer months. New root growth can easily rot. Methods of preventing such problems are to be considerate of your plant choices. We live in a temperate climate which can vary from year to year. Get to know your garden as well as possible. Know the problem areas and choose plants accordingly. That way you could prevent long term damage.

Finally, protect and support. There are many products available to help support all plants from climbers to trees. Get these in place early and your plants will be protected all season.

Jo Golesworthy
Horticulturalist, gardener, writer and designer. If you have any queries, questions or quandaries related to gardening or are looking for someone to work in or advise you on your garden do drop me an email at jgolesworthy@hotmail.com

Most native [illegible] are designed to disc[illegible] rainfall, however some do not [illegible]

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A detached Georgian style house situated in a cul-de-sac within half a mile of shopping facilities and approx 1/4 of a mile to the beach. G.C.H., u.P.V.C. double glazing, cloakroom, dual aspect living room, a dual aspect fitted kit/breakfast rm, four bedrooms, bathroom, garage and a South facing rear garden.

ALDWICK BAY ESTATE **£1,400,000**

A stunning flat beach front residence situated in private cul-de-sac. The property has been made the subject of an extensive programme of remodelling, extension & refurbishment over the past year. The accommodation comprises an entrance hall, cloakrm, sitting rm, tv room/home cinema, kit/break rm, utility, 1st floor sun lounge with terrace, master bed with dressing rm en suite & access to sun terrace, 2 further en suite bedrms, study & cloakroom, two 2nd fl bedrms with en suite facilities, boathouse with studio rm, lift & wet rm, garage, parking and garden with direct access to the beach.

ALDWICK BAY ESTATE **£995,000**

A spacious detached house situated in quiet cul-de-sac in private marine estate within 150 yards of the private beach. The current owners have carried out a comprehensive programme of extension and modernisation. G.F.H., u.P.V.C. double glazing, louvres & velux, cavity wall insulation, cloakrm, lounge, dining rm, sitting rm, kit/breakfast rm, master bedrm with en suite bathrm, four further bedrms, second bathrm, shower rm, balcony, integral garage and gardens including a secluded courtyard garden with heated swimming pool.

ALDWICK **£650,000**

An imposing detached Tudor style house situated on a plot approx a third of an acre within half a mile of the beach and shops. G.F.H., d/glazing with leaded lights, cloakroom, triple aspect lounge opening to a garden rm, dining rm, fitted kitchen with attached conservatory/breakfast rm, utility rm, four bedrms refitted bathrm and shower rm, playrm (potential 1st ground floor bedrm and en suite), gardens with heated swimming pool.

ALDWICK BAY ESTATE **£565,000**

A three bedroom detached Tudor style house in private marine estate approx 400 yards from the private beach. Refurbished by the current owners with modern wiring, plumbing and heating, cavity wall insulation, lounge, sitting room, dining room, kitchen/breakfast room, bathroom, shower room, balcony, garage. South facing rear garden.

ALDWICK BAY ESTATE **£495,000**

An extended detached character house situated in the Aldwick Bay private marine estate approx. 400 yards from the private beach. The current owners have extended & reconfigured the property. G.F.H., u.P.V.C. double glazing, spacious dual aspect reception area partially separated into a fren sitting rm with inner lounge/sitting rm, kit/breakfast rm, utility rm, an office/study, gr fl bedroom (currently used as a further reception rm) with en suite shower rm, master suite with dressing area & en suite shower rm, second bedrm, bathrm, small garage/store room and well screened grns.

ALDWICK **£385,000**

An extended and well presented detached family house situated in a cul-de-sac within 400 yards of local shops and approx 3/4 of a mile from schools and the beach. G.F.H., u.P.V.C. double glazing and fascias, cloakrm, spacious L shaped lounge/dining rm, study, kitchen, conservatory, master bedroom with en suite shower rm, 3 further bedrooms, bathroom, an integral garage and gardens.

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Aldwick | £400,000
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Pagham | £270,500
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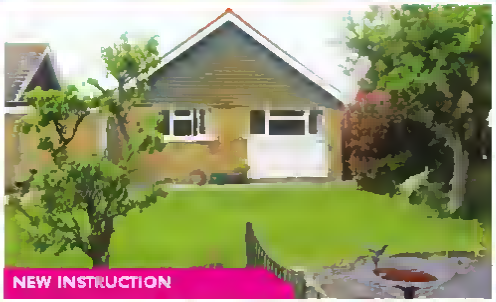

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Three Bedroom House with open views to the rear • 16ft Living Room leading to Iean to Conservatory • Kitchen • Ground Floor Cloakroom and First Floor Bathroom • Gas Heating and part-tiled Double Glazing • Garage in a compound • Garden • NO FORWARD CHAIN

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Detached Bungalow Situated in Pleasant Cul de Sac • Two Bedrooms • Southerly Aspect Garden • Garage with Driveway for Several Vehicles • Convenient Location Close to Village Centre • Double Glazing • No Forward Chain

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The new Bentley Continental GT Speed

BENTLEY is introducing a new performance flagship, its fastest production model ever, the Continental GT Speed coupe. The new 205 mph (329 km/h) GT Speed will appeal to driving enthusiasts who place a high value on outright performance, agile handling, distinctive design and sporting luxury. Orders for the new GT Speed are being taken now, with deliveries to commence in October 2012.

At the heart of the new Continental GT Speed is an up-rated version of the unique Bentley 6-litre, 48-valve, four-cam, twin turbocharged W12 engine. For the new model, the legendary Bentley W12 develops 625 PS (616 bhp/460 kW) at 6000 rev/min and 800 Nm of torque to deliver thunderous, supercar performance with effortless overtaking capability. The 0-60 mph sprint is dispatched in a mere 4.0 seconds (0-100 km/h in 4.2s) and the GT Speed has a top speed of 205 mph (329 km/h).

The new Speed's immense power is transmitted via a close-ratio, ZF eight speed automatic transmission. This state-of-the-art transmission delivers quick yet imperceptible gear changes through intelligent adaptive control software to ensure the perfect combination of speed and refinement. The new gearbox also makes a significant contribution to an overall twelve per cent improvement in fuel economy and CO2 emissions.

Channelling the extreme performance of the GT Speed is a unique chassis tune that includes uprated steering and suspension systems and a lowered ride height. The enhanced chassis is complemented by unique 21-inch Speed wheels, available in two lustrous finishes, and fitted with 275/35 R21 Pirelli PZero ultra-high performance tyres. The result is a sportier and more engaging Bentley driving experience with tauter handling and improved agility.

Commenting on the new GT Speed, Wolfgang Dürheimer, Bentley's Chairman and Chief Executive says: "For nearly a decade, the Bentley Continental GT has defined high luxury, high performance grand touring and the unique W12 engine has been an successful that Bentley is now the world's largest producer of 12-cylinder engines. The new GT Speed with its harder-edged, sportier character reaffirms this pinnacle positioning and continues to broaden the worldwide appeal of the Continental coupe."

The muscular, elegant sculpted coachwork of the Continental coupe is subtly enhanced with design touches which reinforce the sporting character of the new model. Most notable are the dark-tinted

matrix front grille and lower air intakes and the 'rifled' finish to the exhaust tailpipes.

The new GT Speed delivers supreme levels of performance with no compromise in comfort, refinement, craftsmanship and quality. Using only the finest natural materials, the hand-crafted cabin of the GT Speed features the Mulliner Driving Specification as standard as well as a number of signature Speed design cues that combine contemporary luxury with a distinctly sporting character.

Standard fitment on all Continental models, the permanent all-wheel drive system, employing a central Torsen differential, harnesses the prodigious power and torque of the new GT Speed and ensures huge levels of grip and stability whatever the road or weather conditions.

Ahead of deliveries this autumn, the GT Speed makes its international debut at the prestigious Goodwood Festival of Speed from 28th June until 1st July. Modern-day Bentley Boys Juha Kankkunnen, Guy Smith and Derek Bell will pilot a pre-production GT Speed up the Goodwood Hill twice a day.

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Chi and Pagham suffer low scoring defeats

CRICKET
LEAGUE ROUND-UP FOR 16 JUNE

PREMIER DIVISION

CHICHESTER were made to suffer as current Champions Hastings Priory continue to lead the Sussex Premier League after enjoying their fifth outright win of the season.

Another fine innings from Kirk Werners set up Hastings for a convincing home win against a disappointing Chichester side. The young Sussex all-rounder made 100 not out as Hastings were dismissed for 195. John Morgan made 38 as Aussie Adam Zampa grabbed 4 for 76.

Morgan then stepped up with the ball to take 7for 38 and with Werners taking 3 for 16 the visitors crashed to 59 all out.

DIVISION THREE (WEST)

All league positions in Division 3 West remain unchanged after each the top five beat one of the bottom five.

Middleton's Brandon Hanley enjoyed a fine all round game top scoring with 69 in their 218-9. Ben Hansford added 56 whilst Slinfold's Guy Thorne took 4-28.

In reply Slinfold were blown away for just 50 as Hanley's 4-26 was surpassed by Tom Davies who took 6-17.

Bognor remain second just three points behind after an equally resounding victory at home to Wisborough Green. The visitors were bowled out for just 80 with Elliott Clarke making 45 as Bognor won by 7 wickets.

Billingshurst also scored a maximum after a 4 wicket success at Arundel. Arundel's 149 was marked by Dhanushka Mitupolaarachchi snaring 5-30 and Mike Burroughs 50 not out led them to victory.

Storlands remain fourth after a 131 run win at Littlehampton. Sean Heather (120) also scored a personal fourth century in succession) and, as last week was ably supported by Will Gubbins with 73 not out. Storlands declared on 241-4 and bowled out Littlehampton for 110 with Chris May taking 3-11. The result left Littlehampton pointless from the game and rooted at the foot of the table.

Steyning won a relatively low scoring game at Pagham making just 144. Pagham however were knocked over for just 92 after 0-37 from Matheesha Ranasinghe.

HELP REQUIRED Chichester Beach Rugby 30th June 2012

ARE YOU able to give some time into helping Chichester Rugby Club's Festival run smoothly next week?

Chichester RFC is running its annual Beach Rugby Festival on Saturday 30th June 2012 with 32 teams from all over the South of England attending - outside of the Bournemouth 02 event it is the biggest beach rugby festival on the south coast.

Due to the size and number of teams they really need some helpers on the day to manage registration and act as pitch marshals etc – and there is a free BBQ to help you through the day!

If you are able to help it would be greatly appreciated, helpers need to be at West Wittering Beach at 08.00 to set up, first game kicking off at 10.30.

If you are able to give up some of your valuable time for all or some of the day, please can you let Ben Bulpett (07705 996047) or Keith Martin (07712 537044) know your interest. Or you can email them at selseymartins@live.co.uk.

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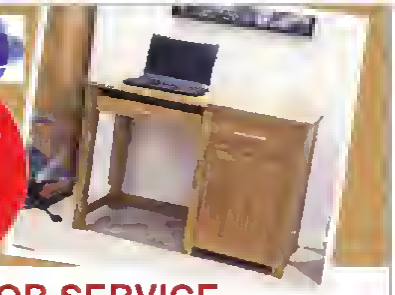

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